

# AIR QUALITY FLAG PROGRAM

## What do the Flag Colors Mean?

The color of the flag flying outside lets you know today's air quality conditions.



### GOOD

Air quality is good. Weather permitting, it's a great day to be active outside.



### MODERATE

Air quality is fair, but may be a health concern to students or staff who are unusually sensitive to air pollution.



### UNHEALTHY FOR SENSITIVE GROUPS

Air quality is approaching unhealthy. It's OK to go outside and be active for short periods, such as for recess or PE. Avoid longer outdoor activities if sensitive to pollution.



### UNHEALTHY

Air quality is unhealthy. Take more breaks, shorten outdoor activities or choose less-intense activities. Consider rescheduling longer or more intense outdoor activities or moving them indoors.

## WATCH FOR SYMPTOMS

Common symptoms to look out for are irritation of the eyes, nose and throat, including coughing, chest tightness and shortness of breath. If you experience these symptoms:

- Talk to the nurse
- Take breaks
- Choose less-intense outdoor activities, such as walking instead of running
- Move indoors

Air pollution may also make asthma symptoms worse and trigger attacks. Follow your asthma action plan.

## AROUND YOUR SCHOOL...

- Ask bus and carpool drivers to turn off their engines, if parked for more than 30 seconds. Learn more about reducing vehicle emissions at [azdeq.gov/IdlingReductionProgram](http://azdeq.gov/IdlingReductionProgram).
- Check the hourly forecast at [azdeq.gov/Forecasting](http://azdeq.gov/Forecasting) to plan outdoor activities during times with better air quality.

[azdeq.gov/FlagProgram](http://azdeq.gov/FlagProgram)